

# Activities for Seniors

## LA HABRA SHUTTLE “RIDE WITH PRIDE”

- Available to seniors 60 years and older and persons with disabilities who are residents of the City of La Habra.
- Operates Monday through Friday, 7:30 am to 4:30 pm, excluding major holidays.
- Cost of service is 50 cents per one-way trip for all passengers.
- Transports participants throughout the City of La Habra, plus service to St. Jude Medical Center, Whittier Hospital Medical Center, and adjacent doctors' offices, as well as to doctors' offices adjacent to the former Brea Community Hospital.
- Reservations for transportation must be made at least **48 hours** in advance.

***For more information or to register to use this service, please visit the La Habra Community Center or call 562-383-4200 for an application.***

*To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>*

*For further information, please call  
562-383-4200.*

## SENIOR ASSISTANCE INFORMATION & REFERRAL

We can provide current information on services available to senior residents by city, county and state agencies, as well as offering referrals for caregiving services by bonded persons. We also have an active Telecare program, offering calls to shut-ins and frail seniors. Come see us for these valuable services or call **562-383-4200**.

## LEGAL AID

Legal Aid is available the first Thursday of each month from 12:00 noon to 2:30 pm. This service is available for seniors 60 years of age and older who are residents of Orange County. An appointment is necessary. To make an appointment, please call **562-383-4200**. If you do not meet these guidelines for service but wish to contact Legal Aid directly, please call **800-834-5001**.

## COMMUNITY SENIORSERV “CSS” DINING PROGRAM

A hot lunch is served Monday through Friday at noon at the La Habra Community Center. Stay and enjoy cards, bingo, entertainment programs and a social atmosphere. Suggested \$3 donation for lunch for seniors 60 and over; \$5 charge for those under 60. Remember, the La Habra Shuttle will bring you to CSS lunch at the Community Center FREE if you join us on three or more days a week on a regular basis, if bus seating is available. And don't forget that there is live music in the lunch area from 10:00 am to 12:00 noon Monday through Friday, for dancing or listening. For questions or more information, call Jennifer Bush at **562-383-4222** or **562-383-4200**.

## MEALS ON WHEELS

Meals on Wheels provides home delivered meals to those unable to prepare their own meals due to illness or disability. For more information please call **562-383-4221** or **562-383-4200**, from 8:00 am to 1:00 pm.

## Services

### HICAP

HICAP, which stands for Health Insurance Counseling and Advocacy Program, is the only state and federally mandated authority providing education, advocacy and individual counseling to Orange County residents regarding Medicare

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and related issues. Certified counselors will be available at the Community Center on the second Tuesday of each month from 9:30 am to 12:00 noon. An appointment is necessary, please call the La Habra Community Services Department at **562-383-4200** for dates and to make an appointment.

## VOLUNTEER OPPORTUNITIES

Call Josie Anderson or for information at **562-383-4217**.

## Classes

### HEALTH & WELLNESS FOR OLDER ADULTS

*All classes meet 10:00 am to 12:00 noon and are FREE*  
All Health & Wellness classes cover various health-related topics of interest for older adults. Participate in fitness activities and learn the benefits of adopting behaviors associated with healthy and successful aging. Learn about the natural effects of the aging process, and the benefits of being proactive by practicing brain fitness, incorporating a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence.

Participants will enjoy a thorough low-impact workout that includes a walking/cardiovascular warm-up, as well as sitting and standing exercises, work with resistance bands, balls, and other props. Students will increase their strength, flexibility, range of motion, stamina, balance and overall well-being.

*Exercise Instructors Are:*

Kathy Mastin ..... Monday  
Henrietta De Jong ..... Tuesday & Friday  
Diane Geivett ..... Wednesday  
Loretta Helen Gallagher ..... Thursday

### ZUMBA GOLD

Get fit and stay healthy with Zumba Gold. Learn to dance salsa, merengue, cha-cha, mambo, cumbia, line dance and much more, while getting a great workout. Participants not only work their bodies in this class, but they sharpen their minds as they learn new routines. Instructor Leonor Garza has been teaching Zumba Gold since 2008; her passion is helping her clients stay in good health through dance exercise.

*Instructor: Leonor Garza*

**Age: 55+**      **Fee: \$30/10 wks**      **Location: LHCC**  
#3031.100 ..... WED 6/22-8/24 ..... 11:00 am-12:00 pm

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## STORYTIMES

**January 9th to  
March 29th**

**Baby Lap-Sit Storytime**  
Ages 0-3 yrs  
Mondays at 11:00 am

**Family Story Time**  
Tuesdays at 6:00 pm

**Preschool Story Time**  
Wednesdays at 10:30 am

**Bilingual Story Time**  
Wednesdays at 6:00 pm

*All storytimes last 30 minutes and feature books, flannel stories & songs. Wednesday morning storytimes include a craft.*

### CHILDREN'S & FAMILY EVENTS

- **Homework Help resumes Mon., Jan 9th, 2017, Mon. through Thurs., one session, 4 pm to 5:30 pm:** High school volunteers help K-5th graders with homework. Students must pre-register at the library.
- **Book Bunch Book Club, 1st Weds. of each month, 3:30 pm:** 4th-6th graders meet to munch & gab about books! Pick up selected book in front of check-out desk.
- **TAB Game Day, Thurs., Jan. 19th, 4:30 pm:** Join us for another fun game day filled with excitement and challenges! Sponsored by TAB for kids ages 5 to 12 years.
- **Valentine Craft Day, Thurs., Feb. 9th, 4:30 pm:** Elementary aged children can join us for the chance to make a beautiful valentine for that someone special.
- **Beaded Butterfly Workshop, Thurs., Mar. 16th, 4 pm:** Open to ages 4th grade to adult.
- **Community Maps: Mon., Jan. 2 to Mon., Apr. 17, 2017.** Celebrate the Big Read and share family history by pinpointing your country of origin on the map.

### TEEN EVENTS

- **Teen Advisory Board:** 1st and 3rd Wednesdays of the month, 3:45 pm.
- **Homework Help Tutor Training, Sat., Jan. 7th, 12 pm:** Teens in 10th-12th grade help grade school students with homework and earn service hours. Pick up an application at the Information Desk.
- **Teen Movie Days:** 2nd Wed. of the month at 3:45 pm.
- **Teen Book Club:** 4th Wed. of the month at 3:45 pm.
- **Game Day sponsored by TAB, Thurs., Jan. 19th, 4:30 pm:** TAB sponsors Game Day for elementary school kids. Come play board games you haven't played in a while, bowl, fish or play a game of chess with our giant chess set.

### ADULT EVENTS

- **Librarian's Choice Book Club:** Meets the last Wednesday of the month at 1 pm. National Endowment for the Arts Big Read: *In the Time of the Butterflies* by Julia Alvarez, Wed., Jan. 25, 2017.
- **Job Hunting 101, (English), Sat., Jan. 14th, 8:30-9:30 am:** We will review websites that can assist you in your search for a job. Also included is tips & tricks for resumes, cover letters, and more.
- Check at the Library for more computer classes.



**221 E.  
La Habra Blvd.  
562-694-0078  
714-526-7728**

**10 am to 7 pm  
Monday through  
Thursday  
  
9 am to 5 pm  
Saturday & Sunday  
Closed Fridays**

**Shop the Best Book  
Prices in Town at the  
Friends of the La Habra  
Library Book Store!**

## Classes

### MATURE DRIVER

The Mature Driver class is for anyone 55 and over who would like to refresh their knowledge of California driving laws and practices. It is an eight-hour class, and participants who complete the class receive a certificate. Some insurance companies offer discounts to those who complete this class. Please note that the class does NOT include any actual driving. In order to take the class, participants must PRE-REGISTER by calling the La Habra Community Center at **562-383-4200**.

Instructor: NOCCCD .....FREE

## Live Music & Dancing!

**10:00 AM TO 12:00 NOON**

**AT THE SENIOR LUNCH PROGRAM  
LA HABRA COMMUNITY CENTER**

**MONDAY, TUESDAY,  
THURSDAY & FRIDAY**

**562-383-4200**

*Stay afterwards and enjoy  
a healthy, tasty lunch!*

## Games

### CSS BINGO

CSS Bingo meets Monday through Friday from 12:30 to 2:00 pm. The cost of playing is 50 cents per card, with a maximum of four cards. Nine games is the usual number played. If you like bingo, come join the fun! All are welcome to participate.

### BRIDGE

Bridge players meet on Friday from 12:00 noon to 3:00 pm at the Community Center. New players are welcome, but you must bring a partner to join the bridge group.

## Activities

### WEDNESDAY AM VOLUNTEER STITCHERS

This group meets in the Oeste Room from 8:30 am to 11:30 am to make items for Children's Hospital and local convalescent hospitals. You may sew, knit or crochet items. If you wish to learn any of these skills, you are welcome to join them and learn.

### HUFF 'N' PUFFS

The Huff 'n' Puffs dancers perform at local venues and the Community Center. They practice once a week and perform a variety of dance styles in costumes of their own design. If you are interested in joining this group, please contact the Community Center at **562-383-4200**.

*To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>*

*For further information,  
please call 562-383-4200.*

## Complete Emergency Paramedic & Ambulance Coverage

**For Just \$48 A Year**



**911 SAVES  
LIVES  
FIREMED  
SAVES MONEY**

**Avoid unpaid pre-hospital emergency medical expenses associated with 911 transports and enroll all the members of your household for just \$48. Fill out this form and mail it, along with a check payable to "City of La Habra FireMed" to:**

**City of La Habra FireMed • 150 N. Euclid Street • La Habra, CA 90631**

*(Please Print)*

**Last Name:**

**First Name:**

**Address:**

**La Habra, CA 90631**

**Home Phone:**

**Cell Phone:**

*(Your cancelled check is your receipt)*